HUBUNGAN INDEKS MASSA TUBUH DENGAN USIA MENARCHE PADA SISWI SMPN 2 BANDA ACEH

ABSTRACT

Menarche was the first menstrual cycle experienced by women. Epidemiological studies reveal that the phenomenon shown in the fact that the age of menarche among women was decreased these days. Decrease in age of menarche may reflect a better nutritional status and general health improvement. Nutritional status can be interpreted by Body Mass Index (BMI). The aim of this study was to identify the correlation between BMI with age of menarche among students in SMPN 2 Banda Aceh. This research is based on phenomenon of acceleration of the age of menarche in various parts of the world. It is believed as the implementation of the increased nutritional status and improved health in general. Measurement of nutritional status is commonly used is the measurement of Body Mass Index. The study design of this observational analytic study is cross-sectional, which is conducted by 73 students in SMPN 2 Banda Aceh. The sampling technique is a lottery random sampling. The data analysis technique used is Pearson product moment correlations. Results showed the average age of students in SMPN 2 Banda Aceh is 13.8 ± 0.95 years. The average of height is 151.6 ± 4.7 cm. The average of weight is 45.9 ± 8.97 kg. The average of BMI was 19.95 ± 3.59 kg/m² and the average of menarche is 12.3 ± 0.94 years. Pearson correlation two tailed proves that there is a moderate correlation between BMI and the age of menarche among women (r=0.463, p